

BRIDGES

**BEST OF
SHARP EATS:**
A round-up of the year's
top food photos **P. 2**

**BEST OF
IN THE CITY:**
Our favourite Moment in
Time shots from 2014 **P. 9**

READ MY BOOK:
Michael Pomedli's Living
with Animals: Objibwa
Spirit Powers **P. 16**

WEDNESDAY, JANUARY 7, 2015

A STARPHOENIX COMMUNITY NEWSPAPER

THINKING OUTSIDE THE HIP HOP BOX

AS DEF 3, DANNY FERNANDEZ
PUTS MORE SUBSTANCE
INTO HIS MUSIC AND ART
P. 5



FREE

Best of SHARP EATS

See a food trend you think deserves a highlight in Bridges? Email bridges@thestarphoenix.com or visit Bridges on Facebook

BEST OF 2014

By Jenn Sharp

It's a great time to be a food writer in Southeastern. The dining scene is constantly changing and chefs are always evolving to keep taste buds happy.

The biggest trends of 2014 included charcuterie, food trucks, gluten-free and strong conscious menus. A lot of new restaurants opened in Sedona, too this year, too. Some like the Chicken Club, were highly anticipated and highly hyped. Local independent spots like Nook, The Grating Goat and The Odd Couple made me a ripple but have held their own all the same. The beautiful thing about Southeast's food

scene is that you always have choice. Middle Eastern? Tapas? Upside Aisle? South food with a South of six appeal? Plant-based and alternative? To take home? It's all here and much, much more.

One trend I'm sure is here to stay is the local food movement. Chefs and restaurants are doing a fine job of alluring customers (and their palates) that local is the way to go — it's fresh, nutrient-dense and sustainable. Kicks off to those that support local farmers' dining scene and to those that respect the same independent spots. It's a tough gig to run a restaurant in this city. If you like what you've read, tell a friend and if not, tell the chef. Happy dining in 2015!

BRIDGES PHOTOS BY MICHELLE BERG



Appetizers served at the Apex during the launch of coagelab co.



Josh Decker with co-owner Alex Ayala giving food advice and recipe ideas for coagelab co. at Apex Restaurant.



Questions have been raised about the safety of raising chickens in backyard coops in the city, which is currently contrary to Sedona city policy. Seen here are a variety of exotic heritage chicken breeds at Lori Bloch's farmage.



Audrea Patera and Catherine's Socca and bread topped with fresh basil. Patera, house-made sundried tomatoes and balsamic vinegar.



Mandi Goss and Jennifer Poff, two chefs, and Sam Diney with Cogan Design Studio. Poff and Poff were two of the winners in The Ripe Phoenix Living Plan cookbook, written by Catherine Chan and Jennifer Poff. Both nutrition professionals at the University of Alberta.



Grain Hybrid chef at the Sedona Inn draws his Three Sister succulents.



The White, Salmore, Dried Berry, Soft dessert course at the No Sugar Plating dinner.



The White, Salmore, Dried Berry, Soft dessert course at the No Sugar Plating dinner.



The Sedona Inn chef, Peter, served a chicken dinner with Chicken Breast House chef, John Jackson, and Catherine Chan. The main course was with chicken and marrow dices for their dinner guests and began with.

INDEX

ON THE COVER PG. 5



Model-artist and part-time graffiti artist Danny Fernandez stands in front of a mural he painted at Old Fashion Market in Victoria before it began. (© PHOTO BY MICHAEL BELL)

TABLE OF CONTENTS

BEST OF SHARP EATS — 2

A round-up of the year's perfect food pictures

IN THE CITY — 4

A moment in time: Photographer Gord Weidner's shot that defines the week

ON THE COVER — 5

How Danny Fernandez, aka Def 3, uses his hip music and graffiti art for good

BEST OF IN THE CITY — 9

Photographer Michelle Berz's best moment in time shots of 2014

GARDENING — 10

Is it with the old, in with the new as AAAS introduces its bedding plant selections

CROSSWORD/PUZZLE — 11

ON THE SCENE — 12

Bridges was on the scene at the first Tonight's Poetry at 2015

EVENTS — 16

What you need to know to plan your week
Several listings to: bridges@thestarphoto.com

READ MY BOOK — 16

Michael Pennick's *Living with Animals: Djovle Speaks Powers*

RECIPES — 17

Moroccan Chicken and Pot. French cornish fowl with a Moroccan makeover

OUTSIDE THE LINES — 18

A weekly colouring occasion for kids of all ages by artist Stephanie McKay

WINE WORLD — 19

A gem and a not-so-belle wine

BEST OF MOMENT OF TIME PG. 9



October 3, 2015 - 9:15 a.m. People were downtown and dancing up a storm before the CIBC Run for the Cure. It or 5K walk or run that raised \$200,000 for Canadian Cancer Foundation. For the rest of the best pics from 2015, go to Page 9 **BRIDGES PHOTO BY MICHAEL BELL**

BRIDGES COVER PHOTO BY MICHAEL BELL

Bridges is published by The StarPhoto Inc. — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Vancouver, B.C. V6C 2P1.

Bridges is published weekly.

For advertising inquiries contact: 604-634-0100 ext. 604-6327, home delivery 604-6320. Hours of operation: Monday to Friday 9:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal or commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of the material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 604-6327.

IN THE CITY

JANUARY 2, 2015 - 11:26 A.M.

Snow day



Despite the snow and cold, Saskatooners continued to head outside to work or play as blizzard skating rink was very popular but closed after a snow storm hit the city. BRAD'S PHOTO BY GORD HALLINAN

ON THE COVER

Creation of all kinds is what the world revolves around. — *Danny Fernandez*

MUSIC

Lyrics are the prize in Def 3's eyes



While music is the main focus for hip-hop artist Danny Fernandez (he's also a graffiti artist and recently launched Adapt Media, which does social advertising for local businesses), his words matter, too.

By Ashley Martin

"My lyrics carry truth, meaning you probably never heard of me."
— *So Real*

Danny Fernandez's rhymes are about substance, not substances.

"I think if you were to listen to an album of mine, you'd have a pretty good understanding of who

I was as a person," he says.

And who he is, is not a purveyor rapper. Fernandez, 30, is an artist, a family man and an entrepreneur like latest album, *Whore*, is his, with respect, the songs themselves run the gamut — dealing, pain, money, respect, success. Life, really.

"What I write about, a lot of it is almost journalistic," says Fernandez, who performs as Def 5.

"A lot of rap and hip hop is very egotistical and glorifying a life that isn't healthy," says Chris Mink, a DJ and longtime friend. "He brings that other side to it where it's not all about himself."

That's not to say Fernandez doesn't have fun (his song *Catalina Wine Mixer* is a perfect example) — "I don't think it would be hip hop without that," said Mink — but he's

more prone to create music with a message.

"What Def 3 tries to do is make music with substance and something that will withstand time and dealing with challenges or trends," said Mink.

Fernandez is influenced by lyrically acclaimed artists like Public Enemy, A Tribe Called Quest and NWA — people he heard in the early

90s when he first got into hip hop.

"I've always been a lyrics guy," said Fernandez. "That's what I grew up listening to and then I guess that's what I started making."

Concise lyrics might have been a given, given his upbringing.

"My parents, they were hippies," said Fernandez.

Continued on Page 6

Not all the music I make is politically or socially conscious, but I think in general most of it is and as a person I am that way. — **Fernandez**



Dany Fernandez, aka a De'Z, writes lyrics that go against the grain in the hip-hop scene. His lyrics are based on life experiences and will try to relay a meaningful message. **SUBMITTED PHOTO**

Benson, Fernandez as from Vancouver, B.C. He met his wife Dany, who had been from Toronto, when they were both working at a school in the late 1970s. When she returned to Canada in 1979, he followed.

Dany Fernandez, their second son, was born in December 1981 in Toronto.

When he was four, "They decided they wanted a different life."

They spent the next seven years in various relief workers on Merry Ship, Australia, which was half hospital, half living space. Living alongside all other families on the ship. "They would just travel around and go to second and third world countries and give free health care."

"They travelled the world, from Africa to South America to Europe and the U.S. I think at the time I didn't really realize how crazy it was."

When he was 12, the family returned to dry land and spent a year in Vancouver. The Fernandez parents worked for the Merry Ship head office. The next year they moved to Regina so Benson could attend Bible College.

As a 13-year-old attending McLaughlin Elementary, Fernandez discovered hip-hop thanks to his first love, skateboarding. "Discovering graffiti art was another happy byproduct."

"I found it was just this unique thing and there was this whole culture behind it," said Fernandez who was a sponsored skater through the Tru Skate shop. "It felt like I related to it a lot."

His upbringing — being exposed to a multi-culture of cultures, as well as seeing poverty and disease in developing countries — influenced his musical path.

When, at age 20, he started painting youth

workshops through CommonWorld's Prisoner Abuse program, it further broadened his perspective.

"You learn a lot about yourself and other people when you work with people who aren't as fortunate," said Fernandez. "That, combined with my upbringing on the ship, really shaped a lot of who I became. Not all the music I make is politically or socially conscious, but I think in general most of it is and as a person I am that way."

That same year, De'Z started releasing music. His music, heavily inspired by the scene he's been in as a telephone, which features Fernandez's initials (DZ F).

His hip-hop had become a hobby but Fernandez was determined to make a career of it.

"I wanted to get that 30,000 hours that people always talk about — I just decided if I'm going to be doing this, I have to only be doing this." He estimates he works 30 hours a week.

His parents inspired him to take the risk.

"They weren't afraid to drop everything and just go do what they needed to do, and I think a lot of people are afraid of that," he said.

"I think that's the main thing was the ability to take that plunge and to not really worry about the risk and to realize life is full of error. What my parents taught me was to follow those instincts."

He took the plunge when he was 25 after being "laid from every job that I ever had," and after a year at the Alberta College of Art and Design in Calgary where he has been he spent the bulk of his student loan on creating his first album.

I think as an artist, especially at the time when we started out, you are able to grow at your own rate and experiment musically to get a sound that is different. The scene here is very supportive — *Graham Murawsky*

His passion for art (he began drawing at age two) and business savvy converged at a young age. When he was 16, he embarked on his first business venture, making wooden recorders and selling them to his mom's friends.

His understanding of business has been important, said Fernandez.

"Unfortunately the music itself is a small percentage to the actual business of success."

That's not to say he's making as much money as he'd like by getting by doing what he loves.

Fernandez spends about seven months of the year on tour, starting downtown, he works on graffiti commissions. He recently launched Adapt Media, which does mural advertising for local businesses.

He thought about focusing on one or the other, but doing both makes sense.

"You always have a downtime. All the cultures between them, they all work together," said Fernandez.

It makes sense that he is constantly saying:

"Creation of all kinds is what the world revolves around," said Fernandez. "I think if you're creating and giving back to the universe or whatever you believe in, the universe will provide for you and it will come back to you."

He has seen positive results of his giving back. He once heard from a fan that his music made that person think twice about committing suicide.

A mural in Denver, Colo., depicting Robin Williams as Mark Twain brought a smile to more than one person.

• • • • •

Regina's hip-hop scene is small. When Fernandez started, it was barelyly non-existent, so far as people taking it professionally.

"I was lucky enough to be from here and kind of be one of the first guys really doing what I was doing. People were very supportive," said Fernandez.

He remembers Anasabie Poole on the first, and only, rap gig on the now-closed DJ Kruze's Jam and DJ Quave's.

In Grade 9 at Thom Collegiate, Fernandez started making music with Andrew Brando, making mix tapes with my dad's stolen Discman, breaking countless records.

"Then came the MC battles, hosted by Brad DeSole (he's still at the State) — 'I was from before I blew it up to clarity that,' said Fernandez.

It was around that time he met Mark.

"Whoever didn't hang out kind of congregated to the same areas and went to the same shows. We just kind of met through the music," said Mark, who met Fernandez around 2006.

Fernandez started throwing house party shows, and things started catching on. Venue support grew. He started branching out into other cities, like Saskatoon.

He met Graham Murawsky, a Saskatoon-based producer better known as Factor Chandelier around 2003.

Working together opened Fernandez's eyes as to how to independently release music.

Continued on Page 8



Danny Fernandez painted this graffiti tribute to Robin Williams in Denver, Colo. It was completed Sept. 3 and garnered a lot of attention across the United States. PHOTO COURTESY OF DANNY FERNANDEZ

I think if you're creating and giving back to the universe or whatever you believe in, the universe will provide for you and it will come back to you. — Ferrandez

"Denny is very driven. He always has something in the works," said Blumovsky.

"Working with Denny is never a task, that's for sure," said Merik. "When we work on something, it kind of just flows."

"Everything he does is a step up from the last thing. He's always pushing himself as an artist and that's very encouraging and motivating to those who work with him and who are around him because then we push ourselves."

In the early days, part of pushing himself as an artist meant collaborating with a variety of musicians, including local indie rock bands like Sub Rite, Just Puffed and Library Visions. Today his clients are a diverse audience because of that.

"People started to be more accepting of it and I think it was maybe because what I was doing, it wasn't the typical hip-hop that people were expecting," said Ferrandez.

"The comic scene here in San Katebeon is very unique," said Blumovsky. "I think as an artist, or possibly at the time when we started out, you can also be going at your own risk and experiment mentally to get a sound that is different. The scene here is very supportive."

In 2006, Ferrandez and his dad started a group for a bottle of the hardy content. They tested until about 2010. When the Lullaby-infused band headlined a Reggae Folk Festival afterparty in 2006, it featured 10 members, including a horn section, steel drum, children instruments and DJ's rhythms.

"I'm still doing stuff that's kind of influenced by that," said Ferrandez, who has spent the last few years touring "pretty much non-stop," mostly with Vancouver hip-hop collective Breakin' Down.

Today Ferrandez's base is in this corner... when he's not on the road. But his ties to Reggae remain, he's back at least once a month. He says, and he maintains a life phone number.

But that's a relatively recent change. He stayed in Reggae as his career was growing momentum because "I started to realize that we were lacking something and that I was striving here pretty well."



Denny Ferrandez stands before a mural he painted of a car crash on the 10th Avenue Convention Store in Reggae. (Photo: Justin P. / Getty Images)

"I love San Katebeon. I think without it, I wouldn't be who I am," he added. "It gave me a unique perspective, as did my upbringing before that... What people think would be so daunting... the opportunities were more because there was less people doing it."

Reggae's hip-hop scene is more diverse today than it used to be, said Merik.

"There's a lot more styles in Reg-

gae... It kind of stems from Def 3 and the scene was built upon guys like that and the kids who came before" said Merik.

"We kind of started this thing, well, we can make rap tags. The making of hip-hop and the record tag of hip-hop in Reggae didn't really start until about 2000, 2004, and that was when we had started putting out albums," said Merik. "It kind of built upon that and it's

come a long way for sure, when originally we would have wanted the amount of rappers in the city on our hands. Now you could probably count at least 50 to 100, I'm sure."

"Every time I come back here it blows my mind to see that now people kind of look at me as (offensive) like we started this thing, San Katebeon hip-hop," said Ferrandez. "All these little seeds that were

planted to grow into something big and I'm excited to see what's going to happen in the future here."

"It isn't where you're from, it's where you're at. I look at groups like Sub Rite and they're killing it. They go around the globe and it's awesome that they put the here and they stay here and we kind of breathe San Katebeon."

Photo credit: Justin P. / Getty Images

Best of MOMENT IN TIME

#BEST OF 2014

A picture is worth a thousand words this year and we think it says true. Each week on our In the City page, photographer Michelle Berg captures a moment in time to represent the week in Saskatoon. Here are the best of the best from 2014.



July 6, 2014 - 10:17 a.m. Aspiring young golfer Jackson Wright gets with PGA Tour Canada player Mitch Burke at Silverwood Golf Course.



September 6, 2014 - 10:02 a.m. Nine-month-old Chris Pepler gets the senior roller time at the Citi's Fall Baby-Crawl event at Market Mall.



June 15, 2014 - Skye Angerson and Kyle Senayoli look off their new home, Kyle on the High-Frilly in Saskatoon.



September 10, 2014 - 10:59 p.m. Karlen Orlan dances during the Pleasant Hill School's 100 year anniversary Centennial Pow Wow celebration.



February 12, 2014 - 10:15 a.m. Two-year-old Mason Brown gets the vibrant of the double date during Capare - Time for toddlers at the Saskatoon Symphony Community Centre. This event is specifically designed for the two- to four-year old music lover to discover the colours and moods of music.



May 4, 2014 - 11:01 a.m. The Miniature Longhorn Sundries catches the Miniature of Compassion at The Saskatoon Farmers Market. One by one, shares of sundries placed into thousands of year and partners in managing the ancient symbols of Compassion. The work captures day after day and it is complete.



May 8, 2014 - 2:42 p.m. Daphne Blackman dances in the drums, singing and playing on the Hornet's Market during Compassion in the 105th parade day. Cathy Cheong of 2008 Striders Drum and Dance performs.



May 15, 2014 - 5:10 p.m. Mackenzie learns how to cook fish tacos with the help of Saskatoon's Canada Day Festival, the Saskatoon Food Bank and Learning Centre. Recipe for Success is a free family cooking class where families cook together to prepare nutritious meals.



June 19, 2014 - 12:42 p.m. Angerson's horse, Kyle, was downtown Saskatoon during the lunch hour letting people know that he is performing at the Andean Horse Showcase at Pottersfield Park.

GARDENING

PREPARING FOR SPRING

Out with the old, in with the new

By Eri Svendsen

It's that time of year again when I start to look for what's new in the plant world.

The first place I go to is the All-America Selections (AAS) organization. (www.allamericanselections.org) The AAS, established in 1893, is a non-profit, independent organization whose mission statement very clearly explains what they do: "To promote new garden's seed varieties with superior garden performance judged in impartial trials in North America." This year, they have announced their new annual bedding plants worth trying in your garden.

Like most impatiens, Bounce Pink Flame impatiens is ideally suited for the shade, perhaps more so than older varieties because it is completely resistant to downy mildew—the scourge or cool moist shade. But it will grow well for you in the sun as well. And because of its disease resistance and vigor it will last from spring to first frost.

You will be amazed by the continuous masses of stunning bicolor three-lobed flowers: dusty pink blazes. No deadheading or clipping required, and it is equally at home in containers and hanging baskets as well as in the ground as low-growing edging (30-60 cm tall). They are available only as plants, not from seed.

Another winning impatiens, Sun-Petals Spreading Blush Pink is also resistant to downy mildew and like its name implies, it is tolerant of full sun and heat.

It has a vigorous root system that lets it take off as soon as it's planted in the spring and continues to give us all up until first frost. The large (5 to 7.5 cm) soft pink or coral blossoms stand out against dark green foliage. A low maintenance plant, it is suited for containers and hanging baskets

as well as an edger or a median in full sun in the garden. And with its spreading habit, Bounce Flame makes a good groundcover too. It is available only as plants not from seed.

Trilogy Red petunia is, as one would expect, a solid red petunia cultivar.

Like the rest of the Trilogy series, Red has a compact mounded form with large non-fading blossoms for a season long show. It is very heat tolerant and sheds itself off quickly after a rain, choosing not to look bedraggled like other varieties after a soaking. Plant it in full sun in containers and hanging baskets or in the garden as a median (45-55-60 cm) divider. It is available from seed.

Summer Jewel salvia are dwarf, semi-salvia (35 to 60 cm), and the latest introduction, White, is a welcome addition to the previous two cultivars, Pink and Red (also previous AAS winners).

It flowers an average two weeks earlier than other white salvias and as a bonus, bees, butterflies and humming birds all love the large flowers. Heat, sun and rain tolerant, plant in full sun for best performance. Great in containers or massed in flower beds for a huge impact. It is available from seed.

AAS mentions a list of previous winners and a list of suppliers of recent winners on its web site. However, because these four varieties are new, it may be difficult to find a supplier this year that if you do, you'll be first in the neighborhood (or even the city) to try these exceptional plants this year.

This column is provided courtesy of the Seattle-based Perennial Society (perennialreport.com, hortensia@perennialreport.com). Check our bulletin board or calendar for upcoming garden information sessions. Join 38—Developing the Gardens of Your Mind!



Impatiens Bounce Pink Flame



Impatiens Sun-Petals Spreading



Petunia Trilogy Red/Glossy



Salvia Summer Jewel White

ON THE SCENE

TONIGHT IT'S POETRY

Bridges were on the scene at the first Tonight It's Poetry of 2018. New poets signed up for the community slant starting with Mel Randall who opened up the night by sharing her poem.

The feature poet was Damien Mark Patterson who has toured across country before. He is a two-time Wen Stein Poet and the 2013 Regular Season Urban Legends Champion.

Despite the abnormally cold weather there was still a great turnout at the Wacoit Art House where people warmed up by listening to the first poems of the year.

BRIDGES PHOTOS BY MICHELLE BERG



ON THE SCENE



1. Chris Pardi and Megan Dunn

2. Brandon Flaherty

3. Chris Anzures performs.

4. Val Rendall performs

5. Ken Fox, Joel Romero and Shante Stefansson

6. Luke Pennock and Emily Robert

7. Isaac Bond

8. Sarah Jensen, Shelby Kuc and Brett Polkinghorne

9. Maddie Docherty, Hannah Molloy and Erin Conan

10. Pierce Kilgour, Val Rendall and Mark Alford

11. Chris Anzures and Liberty Emerson

12. Mary Innes and Gade Plamondon

13. Brandon White and Melina Scholtz

14. Alex Barker and Larissa Tienari

**THIS AD WILL BE SEEN BY
MORE THAN 90,000 PEOPLE.
IF JUST 50 OF THEM DONATED BLOOD,
1 CAR ACCIDENT VICTIM COULD BE SAVED.**

Saskatoon Blood Donor Clinic
325 - 20th Street, East
(Corner of 4th Avenue & 20th Street)

| | | | |
|------------------|--------------------|-----------------|--------------------|
| Monday | 4 pm - 8 pm | Thursday | Noon - 8 pm |
| Tuesday | 8 am - 2 pm | Friday | 8 am - Noon |
| Wednesday | 8 am - Noon | Saturday | 9 am - 1 pm |

To book an appointment:
online: www.blood.ca
phone: 1 888 2 DONATE (1-888-236-6226)

Proudly Sponsored By
The StarPhoenix


Canadian Blood Services
it's us to give

1 888 2 DONATE

creative SASKATCHEWAN with **SASKOMUSIC**

PRODUCED BY

Tom Jackson's

LIVE MUSIC METHOD

January 24-25, 2015 at The Sound Stage, Regina

FREE for all Saskatchewan artists/musicians/managers to attend!

An intense 2-day event with workshops and 1-on-1 artist sessions led by the most in-demand performance coach in North America, Nashville's **Tom Jackson** says, "The **Onstage Success** event is a MUST for all performers across all types of genres."

Become a stronger performer, no matter what level you are currently at - or a more desired side player.

- Discover skills that separate one artist from another
- Learn to craft a memorable & compelling show
- Hold the audience in the palm of your hand

This workshop fee is on 1 session with a performance coach, register by **January 12, 2015**. General registration closes **January 20, 2015**.
www.saskmusic.org/workshops or call 1-800-347-0676

This event is brought to you by CREATIVE SASKATCHEWAN, www.creativesask.ca and supported by SASKOMUSIC, www.saskmusic.org. Creative Saskatchewan and SaskMusic are proud to be part of the Saskatchewan Music Industry Association. Saskatchewan Music Industry Association is a member of Saskatchewan's Music Industry Association. © 2015 Creative Saskatchewan

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphenix.com



GO GREEN IN 2015



"Sustainability comes in many forms. PLANT THE SEED. Let us help you to make your much loved journey to its former glory a bit more eco-friendly journey — you will not be disappointed!"

(Michelle Swickish
Business Owner/Manager)

KOALA CUSTOM SLIPCOVERS

306-249-3608
koalacustom.com



MUSIC

Thurs., Jan. 3

Kelly Dool and Brent Taylor
Crackers Restaurant & Lounge
1-227 Peachtree Dr.

Apolo Cruz
Buds on Broadway
817 Broadway Ave.

The Rhythmsmen
Fairfield Senior Citizens' Center
163 Fairfield Ct.

Fri., Jan. 5

Roper Yasin
Buds on Broadway
817 Broadway Ave.

Piano Friday: Neil Curtis
Blues Sensé BC Road Big Band
The Basement,
254 Fourth Ave. N.

Rand Hagan
Army & Navy Club,
309 First Ave. N.

Purdy Bird
McNally Saloon,
3130 English St. E.

The Redclums
Toon Town Tavern,
3330 Fairlight Dr.

**Witches and Ropers w/
Stone the Witch and Violent Betty**
Anson's Cantina,
632 10th St. E.

Apolo Cruz w/ Jumbo and CIBAB
Rock Bottom,
8348 Broadway Ave.

Brewster and the Boosters
Piggly Wiggly and Grill,
1603 Idlewild Dr. N.

Sat., Jan. 10

Roper Yasin
Buds on Broadway



Shoreline Reeds 14 by Rebecca Penchhoff is on display at The Gallery at Art Placement.

817 Broadway Ave.

Piano Refundings Maurice
Brooks and Neil Currie
albumizing
Piano Series: Martin
Jenovsky Orchestra
The Basement,
254 Fourth Ave. N.

Rand Hagan
Army & Navy Club,
309 First Ave. N.

The Harpops
Downtown Legion
606 Speddie Cres. W.

Leon Ochs
Mukata Lectern,
3021 Louisa St.

Autofit w/ League of Wolves

Rock Bottom,
8348 Broadway Ave.

Brewster and the Boosters
Piggly Wiggly and Grill,
1603 Idlewild Dr. N.

Ryan and Brian
Roper's Bar & Grill,
634 Primrose Dr.

Sat., Jan. 12

Acoustic Jam: Brian
McAnaway
Buds on Broadway,
817 Broadway Ave.

Sun., Jan. 13

Chewy-Luxury
Ruds on Broadway,
817 Broadway Ave.

ART

Mundel Art Gallery
Jan. 10, 8 p.m. to 2 a.m.,
LUGO GOLD, culminating the
Mundel's 30th anniversary
celebrations. Tickets and
information at popups.ca.
Apart from LUGO, the gallery
spaces will be closed Jan.
5-16 for installation of the
winter collection. Opening
reception, Jan. 10, 8 p.m., fea-
turing a collaboration by Shane
McCabe for the exhibition
Background: War Raps from
Afghanistan.

The Gallery at Art Place-
ment
Until Jan. 8 at 228 Third Ave.
S. On the Road to Emma
Lake: Landscape paintings
by Rebecca Penchhoff

Affinity Gallery
Until Jan. 10 at 812 Broadway
Ave. Imaginary Architects:
Imaginative handmade tops
and jewelry at a variety of
venues. Reception Jan. 9, 7
p.m. to 9 p.m.

Eye Gallery
Until Feb. 13 at 717-732 Col-
lege Dr. Ink Slab: Penmanship.
Close to Home: Photographs
by Sarah Martens. Recep-
tion Jan. 12, 2 p.m. to 4 p.m.

Station Arts Centre, Roo-
m
Until Jan. 24 at 701 Railway
Ave. In Southern Reception:
An OSCA touring exhibit
featuring the works of 18
artists from three Siskiyoun-
ian printmaking collec-
tions

EVENTS

Punky Petals

Until Jan. 31 at 212 Third Ave. S.
A collection of framed photographic artworks by 30 artists.
Cosh.

Lukovian Museum of Canada

Until Jan. 31 at 510 Bedford Cres. E. Dressing in Lukovian. Travel photography by Andrea Ruybal and Karen Lindberg.

Green Ark Collected Home

Until Feb. 2 at 212 20th St. W. Works by Geoffrey Wooler.

Lukovian Gallery Collapse

Until Feb. 20 along the riverbank from the Lukovian Valley Centre to the Maudslayi Art Gallery. An installation in the trees. By Monique Martin with support from Sask Tech awards.

Saskatoon City Hospital Gallery on the Bridges

Until Feb. 20 on the south pier at the Arkham at Saskatoon City Hospital. Watercolor Landscapes by Lynette L. Clark.

Western Development Museum

Through April 2010 at 2400 Lorea Ave. Big Bear Tawell Exhibit. In partnership with the Royal Saskatchewan Museum. A 92 million-year-old worldwide dinosaur brought back to life through 3D imaging.

FAMILY

Bike and Play

Tuesdays and Wednesdays, 9:15 a.m. to 11:35 a.m., through April. Free children up to age five. Sand, water, and crafts, snacks, story time, toys, activities. All playground equipment open all day at the Facebook page.

Stairs and Strollers

Wednesdays, 1 p.m., at Centre Cinemas in The Centre. Choice of two movies each.



Check out the Bridge events dates for various programs for kids of all ages throughout the city.

week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in select theatres.

CFC Clinic and Play

Daily, 10 a.m. to 2 p.m., in Bay A of 615 South Railway St. W. In Women. Saskatchewan's newest indoor playground for children up to age 12. Visit cfcwomensplay.com or their Facebook page.

Fun Fantasy Indoor Playground

Daily at 15330 Quebec Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate free area for children under two.

Market Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Children's Play Centre

Daily at Lawson Heights Mall. A fun, safe environment for

preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Saskatoon Indoor Playground

Thursdays, 5:30 a.m. to 11:30 a.m., through May, at Emmanuel Baptist Church, 1636 Acadia Dr. Parent-supervised play area for kids up to age five. Allowance hours and look for kids, designed for infant play area, coffee bar for parents. Registration on arrival in format at saskatoonindoorplay.com or their Facebook page.

Breastfeeding Cafe

Thursdays, 10 a.m. to 11:30 a.m., at Westside Innory Health Centre, 3311 Fairlight Dr. A drop-in support group for breast-feeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

Movies for Mommas

Thursdays, 1 p.m., at Rainbow Cinema. In The Centre. An infant-friendly environment

with reduced sound, change tables, bottle warming and stroller parking.

Car Seat Clinic

Second Thursday each month, 3 p.m. to 5 p.m., at Pregnancy and Birth Centre, 3-505 23rd St. E. Get your seats checked and questions answered by a trained Car Seat Technician. Call 306-281-7591 or email whisperin@gmail.com to register. Drop-ins also welcome.

Bike & Trail

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at the Mall at Lawson Heights. Classes consist of power walking, bike-riding, and group exercises tubing and a socializing for parents and babies. Free for all. Call 306-281-7591 or email whisperin@gmail.com to register. Drop-ins also welcome.

Baby Talk at SPL

Talks, 10:30 a.m., at Alice Turner House, Mondays, 10:30 a.m., at Carlyle King Branch and Jo Wood Branch, and Tuesdays, 10:30 a.m., at Cliff West Branch. Half-hour

singing and rhymes, then mingle with other parents.

Postnatal Yoga

Mondays, 10 a.m. to 11 a.m., at Pregnancy and Parenting Health Centre, 2441 Third Ave. S. Beginner to intermediate yoga designed to help with postnatal recovery. Baby-friendly class with a certified yoga teacher. Suitable for four weeks to two years postnatal. Register at mpt.ca/yoga.

Canadian Light Sources (CLS) Public Tours

Wednesdays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Free admission but a required CAN-456-456-4564, email mlr@cls.ca or visit lightsource.ca/canadianpublictours.php.

Prenatal Yoga

Wednesdays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 2441 Third Ave. S. Teach how to dole and certified yoga teacher information and info for any stage of pregnancy. Call 306-281-7591 or email mlr@cls.ca or visit lightsource.ca/canadianpublictours.php.

Playgroup

Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace-Walton United Church. Hosted by Peirce Hearts Learning Community, a group of families inspired by social playgroups. Program includes a meal of all children ages two to five, but all ages are welcome.

My Smart Hands Saskatoon Baby and Toddler Sign Language

Starting Jan. 13 and 18. Baby sign language provides the skills to communicate with your pre-verbal baby, accelerates verbal development and strengthens cognitive skills.

For information contact Tanya Myrfield-Wells BSW, RSW, Certified Baby Sign Instructor at tanya@myrfieldwells.ca.

Preschool Story Time

Thursdays, 10:30 a.m. to 11 a.m., at Mahalia Robinson, 3130 Eighth St. E. For children ages three to five in the Circle of Trust. Call 306-456-4564.

BASIC 4 KIDS! Saskatoon

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creative, play games, and have fun using LEGO bricks. Visit basickids.ca or call 306-456-4564.

Saskatoon Public Library

Programs Opening daily programs for children and families. Find the schedule at saskatoonlibrary.ca/node/1036.

SPECIAL EVENTS

Saskatoon Farmers' Market

Open year-round. Wednesdays and Sundays, 10 a.m. to 12 p.m., and Saturdays 8 a.m. to 2 p.m., farmers are in attendance. Tuesdays to Fridays, 10 a.m. to 5 p.m., and Saturdays and Sundays during the first frost, local vendors and specialty shops are open. Information at saskatoonfarmersmarket.com. Contact 306-386-6666, saskatoonfarmersmarket.com.

Lost Puppies Interfaith Comparison

Jan. 7, 7 p.m. to 8 p.m., at The St. John's Family Centre, 733 Fourth Ave. N. Presented by Gill Edwards. A free presentation on and discussion of different cultural and faith practices and beliefs surrounding death, funerals and burial. Refreshments provided. Courtesy parking at the Saskatoon Funeral Home.

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

‡ MICHAEL POMEDLI

Living with Animals: Ojibwe Spirit Powers

Although our family farm in the Pfüger-Humboldt district was not near an Indian reservation, we had contact with aboriginal people.

My father hired them to stack the grain and my mother gave them her delicious bread. Our home was adjacent to a historical encampment and I gathered and sold buffalo bones from the shores of our neighborhood lake.

In high school, students and I shared ideas about aboriginal people, although this topic was not in the textbook nor part of

At university I researched and taught about native cultures, although my colleagues and I thought



There was little academic value in such a pursuit and it would not lead to my publishing or writing in prose form.

However, in a casual conversation, the head of the North Law Centre, Sidney Henderson encouraged my pursuit and suggested I examine the role that animals play in Ojibwe culture.

My book, *Living with Aztec Q'eq'chi' Spirit Power*, tries to do just that: I let 19th-century Q'eq'chi' herds, her scrolls, rock art, medicine bags and stories disclose the impor-

For Ojibwe medicine societies, and for the cultures in general, specific animals typify the

ascending stages in healing. Thus, in my book ether is on the first level, air is the second, heat is the third, and water and sky transforms the fourth.

Animals are spirit powers, healers, keepers and protectors. Animals are teachers of morals, community judges and leadership guides. They speak and sing from more than 100 strings on my book and can lead to a good, mirrored life.

At a time when we are realizing anew that all of us in Saskatchewan are treaty people — not only acknowledge that treaties were signed by two parties, native people and the Crown — we see in this Saskatchewan-Canadian enterprise partners with one another. I hope that my book brings some light on the cultural values that one partner brought and continues to bring to treaty partners.

My book is available at McNally Robinson in Saskatoon.



EVENTS

Mayfair Carpet Bowling
Wednesdays, 11:30 a.m., at Mayfair United Church. Beginners and experienced players are welcome. For information call 308-633-7104.

S&PQ Dancers
Thursdays, 7 p.m., in room 13
at Albert Community Centre,
690 Clarence Ave. S. Salsa-
toon International Folkdance
Club Learn dances from many
countries around the world—
first night is free. Visit site,
www.salsatoon.com.

Learn to Dance
Starting Jan. 5, 7 p.m. at
Albert Community Centre
610 Clarence Ave. S. New cost
ballroom dance classes by
Karousel's Dance Club Call
306-290-5486.

Arnold Quartet
Jan. 10, 2 a.m. and 7:30 a.m., at

King United Church. Works by Haydn, Mozart, and Debussy. Tickets at 306-384-7121, percophonedwains.org or at the door.

HHF Million Enchanted Forest Holiday Lights Tour
 Wed Jan 10, 5:30 a.m. to 8 a.m. at the Siskiyou Forest Farm Park & Zoo. Light walk Jan. 11, 5:30 p.m. to 9 p.m. The drive-through Christmas display celebrates its 15th anniversary. Tickets at the gate, and carpool at Saffrey or Shoppers Drugmart. Funds raised support the Siskiyou Zoo Foundation and the Siskiyou Forest Foundation.

Berry/Duke
Jan. 11, 7:30 p.m., at TCU Place
The magicians introduce a modern interpretation of an age-old art form. Tickets at 308.403.7799, tadberry.com

Tonight It's Poetry
Jan. 11, 7:30 p.m., at The Wood
Ale House, 1418 Second Ave. N.
\$3 cover, \$5 donation.

Survivor Mountain Film Festival World Tour
Jan. 12, 7pm, at TCU Place.
Hosted by Alpine Club of Canada/Iusukitewin section. Featuring a collection of inspiring action, environment and adventure films from the recent Mountain Film Festival. Tickets at McWhirter Robinson, Outfitters, trip it Climbing Escape Sports, the Bike Doctor. Ebs Source for Adventure and the door.

Off-Broadway Farmers' Market, International Bazaar and More
Tuesdays, 11 a.m. to 6 p.m., in the basement of Grace-Woodminster United Church, 505 10th St. E. Offerings include:

locally produced food, cloth, and accessories from India, pet products, baking, and babbar dishes. New vendors

Guard Girl Time Dancing
Second and Fourth Tuesday
of the month, through April,
7:30 p.m. to 9:30 p.m., at
Grace Westminster United
Church, 508 10th St. E. Hosted
by Saskatoon Patternline
Club. Easier dances for the
first hour. Call 305-374-5353
or 304-363-0000.

Comedy Night
Jan. 12, 9 p.m., at Piggy's Pub
and Grill, 1403 Idylwyld Dr.-W.
With Guy Reed

Marc Emery Canadian Campus Soaking Your
Jan. 13, 8 a.m. at Louis' Pub. 7

Campus On: The Prince of Pop shares his views of the world. Tickets at ticketfly.com.

New Hope Dog Donor Book Sale
Jan. 16-18 at Market Mall
Donated books will be collected until the sale begins. To donate, drop-off books at MINT Fisheries Co. or contact 306-715-2160 or toylory@sis-sik.com for the north end, janzee@hotmail.com for the Kishinoue area, or 306-260-3327 for Quebec Ave. All proceeds will help New Hope Dog Rescue.

Cake in the City
Jan. 27, 4 p.m. to 6 p.m., at the
Saskatoon Farmers' Market. A
fantastic Cake Walk in sup-
port of Children's Homes and
Elkridge. Bakers are invited to
design and present a cake us-
ing the theme: winter wonderland.

With people's choice awards, a jury, displayed into for each baker, and a slab cake testing information at janderson@usabakery.com, 306.931.6882.

THEATRE

Between the Sheets
Jan. 7-15 at Popsophia Theatre | At parent-teacher interview night, Therese has a sense of foreboding as working mom Marlon enters her classroom to discuss her son. What follows is a raw and gripping confrontation where only one can be the winner. Tickets at 305-364-7372, popsophiatheatre.org.

Event listings were a free, commercially available service offered by *Reidys*. Listings were displayed if space permits. *Reidys* advertisement is free stands before the event date.

OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKey creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bedpage@thestaffshere.com. One winner will be chosen each week.



Last week's contest winner is Adeola Deborah Oyejide. Thanks to everyone who submitted entries.



For the Toys you've Always Wanted

gigglefactory.ca

The Greatest Toy Store in
Saskatoon!!! Largest
Selection of Playdoh &
Culco Gitter. We also carry
a huge selection of Unique
Toys and Great Party Supplies.
Including Balloon Decorating!

Come See us in our Giant
Location with Free Parking
150 - 1824 McOrmond
Dr. 975-9630

WINE WORLD

LOCAL WINE SCENE

Our Daily Red a genuinely nice table wine

By James Romanow

I drink a lot more organic wine than I did a decade ago. Part of the reason is that the stuff is more available. Also, organic wines have stopped selling as 'organic' and started selling as 'wine.' But the other reason is that a lot of wine people drink these days is wine as strongly.

As the technology of winemaking became better understood and more widely disseminated, wine makers took to making wine in the same way bodybuilders took to getting ripped. They did it because they could. And so Pam Anderson can attest to, if a bit more is good, then a lot more must be best.

The result is breakfast beverages that are as interesting in their own way but aren't really in balance.

I picked up a cute-label red the other day, so a matter of research and found myself really enjoying the wine. Enjoying it much more than the price would have indicated. Our Daily Red from California is a blend of cabernet sauvignon, syrah and merlot. It also happens to be not just organic, but organically so as the makers use no animal by products during production.

Even better yet, it is a genuinely nice tableware, delivering exactly what the name implies. The first thing you notice is the clean beauty of relief. The table is a masterpiece.



with a great balance of acidity and structure. The tannins are unobtrusive but still present and accounted for.

In short, this is a damn near perfect table wine — right down to the price. (I'm told you can get it in America at Trader Joe's for \$19.) They sell it in 1.5 liter tetra packs but I haven't seen that here yet.

Look in Monday's paper for cheap white wine on Twitter @ukhouse

Crossword/Sudoku answers

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Z | O | U | N | D | S | | D | A | M | N | | W | O | W |
| E | X | P | E | R | T | | A | L | A | I | | A | N | A |
| B | E | R | A | T | E | | F | L | I | X | | L | E | N |
| | U | N | I | T | | A | P | T | | Y | O | M | T | I |
| | | S | I | T | K | | F | A | N | B | L | E | | |
| | C | H | I | D | E | | T | E | R | I | | A | R | L |
| | P | A | N | E | L | | B | L | A | S | T | | | |
| | A | L | G | A | L | | O | R | C | | R | E | F | E |
| | | | S | H | O | O | T | | E | M | O | T | | |
| | D | O | H | S | | E | N | Y | A | | A | B | R | A |
| | E | N | O | U | N | C | E | | L | E | T | I | | |
| | F | E | M | B | O | | S | S | T | | Y | R | I | B |
| | R | E | B | | Y | A | R | O | | H | E | T | E | R |
| | A | Y | R | | G | R | O | C | | I | C | E | S | A |
| | D | E | E | | H | E | C | K | | C | U | R | S | E |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 8 | 3 | 5 | 2 | 7 | 1 | 4 | 6 |
| 2 | 5 | 6 | 1 | 9 | 4 | 3 | 8 | 7 |
| 7 | 4 | 1 | 8 | 6 | 3 | 2 | 5 | 9 |
| 5 | 3 | 8 | 6 | 7 | 9 | 4 | 2 | 1 |
| 1 | 6 | 7 | 4 | 5 | 2 | 8 | 9 | 3 |
| 4 | 9 | 2 | 3 | 8 | 1 | 7 | 6 | 5 |
| 3 | 2 | 5 | 9 | 1 | 8 | 6 | 7 | 4 |
| 6 | 7 | 4 | 2 | 3 | 5 | 9 | 1 | 8 |
| 8 | 1 | 9 | 7 | 4 | 6 | 5 | 3 | 2 |

[illegible]

**DO YOU KNOW SOMEONE WHO NEEDS
A NEW FURNACE? (Installation incl.)**

AIRE SERV THE HEATING & COOLING EXPERTS
will give you a **FREE** furnace
including installation at no cost
to a family in need.

nominate someone you
know with a desperate
write up by e-mail to FreeFurnace@aireserv.com
or by fax to (306) 933-2533 *This does not apply to all areas.

**#2 - 702 45th St. W., Saskatoon SK
(306) 933-2533**

ARMSTRONG
HEATING & COOLING

**SaskEnergy
Network Member**

www.aireserv.com

Nuts About Nature
At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your friends and enjoy some time away from the city.



Dear Chip,
When I visited Beaver Creek I noticed a lot of funny looking black stuff hanging from the trees. What was it?
Peter



Dear Peter,
What you were looking at is a fungus called "black knot" that only grows on cherry or plum trees. Black knot was first discovered in the American state of Pennsylvania back in 1821. It has since spread throughout the United States, Canada, and Mexico. Out here at Beaver Creek you will see lots of evidence of black knot fungus because we have a large population of choke cherry trees. In the spring when fungal spores (the reproductive cells of the fungus) land on a twig or a branch, they germinate and begin to grow. At first the knots develop very slowly and appear as small lumps that are usually colorless. In the second year of infection these small swellings rapidly grow into hard black knots. Over the years the knots get bigger and bigger until they mature and release spores into the air. These spores grow into new knots which spread over the shrub.

Send your questions to me at the address below, then watch Bridges for the answers!

Chip
c/o Meewasin Valley Authority
480 Third Avenue
Northbrook, SK S7N 3G5
C-Box 441-107-107-107-107-107

Your pal, Chip

Extraordinary Nature South:
1-800-451-4444 #219
480 Third Avenue, Northbrook, SK S7N 3G5
Websites and Information: See Us Again
http://www.mva.ca
E-mail: chip@meewasin.ca



Meewasin 

**TAKE SOME TIME
FOR YOU
AND GET THE WHOLE STORY.**
(OR AS SOME LIKE TO CALL IT, THE **'ME TIME'** EDITION.)



SUBSCRIBE

Call 657-6320 or email subscribe@thestarphoenix.com today!

The StarPhoenix

Get the whole story. Call to subscribe today.